SOCIAL SUPPORT IN RW LEVEL PKK IN KELURAHAN X

Jonathan Trichristianto and Denny Putra
Universitas Kristen Krida Wacana
jonathan.2013fpsi047@civitas.ukrida.ac.id and denny.putra@ukrida.ac.id

Abstract

Many PKK (*Pemberdayaan dan Kesejahteraan Keluarga* or Family Empowerment and Welfare) organizations in Jakarta have been rendered inactive due to various reasons, mostly attributed to lack of members, and as a consequence numerous healthcare-related PKK programs are not available to the wider public. Amid this worrying trend however, PKK in certain areas, such as at the RW (*rukun warga* or community group) level under Kelurahan (urban ward) X, have performed effectively. Social support provided through RW-level PKK has contributed significantly to the well-being of Kelurahan X. This research looks into social support schemes provided under RW-level PKK in Kelurahan X. It is hypothesized that community-level PKK in Kelurahan X provides tremendous social support, especially in terms of emotional, informational and companionship support. This research adopts the quantitative method, gathering data from a census using the Medical Outcome Study: Social Support Survey (MOS-SSS). The research subjects who active PKK members in Kelurahan X are showed high-level social support, especially relating to emotional, informational and companionship support. This finding suggests that RW-level PKK in Kelurahan X has consistently been able to provide much-needed social support to members. It can therefore be implied that local community members are protected from mental and physical illnesses, and lead healthy lives.

Keywords: social support, community, social health worker, macro applied psychology

INTRODUCTION

Pemberdayaan dan Kesejahteraan Keluarga (PKK), or Family Empowerment and Welfare is a family empowerment movement launched in Indonesia. PKK aims to bring prosperity to the people through families in Indonesia (*Menteri Dalam Negeri* or Indonesian Minister of Home Affairs, 2013). PKK is established by the government from the neighborhood to provincial level. It involves various distinctive programs related to health, such as the *posyandu* (integrated health center) for under-five children and senior citizens, PSN (a daily program for eliminating mosquito breeding sites), PAUD (early childhood education), and *arisan* (rotating savings and credit group). These programs help the government monitor and control the people's health status. PKK communities also assist the government on many levels, including with regard to the administration of PKK programs.

PKK is all about social and voluntary work, which means that PKK is open to all who meet membership requirements (*Menteri Dalam Negeri*, 2013). PKK members are usually elderly women. As shown in an observation of the PKK movement in RW Y and X, all PKK members are women senior citizens.

PKK members have mentioned that the condition of the PKK itself is one of the obstacles to ensuring a fully functioning PKK movement. PKK members therefore need to become self-sufficient in order to be able to operate effectively. Membership succession is another issue as people are not always keen to join PKK as by nature it relates to social work. From interviews with various members of the public, it is found that they prefer to work for money in order to meet

life's necessities. Due to such lack of membership, a PKK member for example has to undertake organizational work that is not part her responsibility. As a consequence many PKK organizations in Indonesia are left idle, as revealed from interviews with the local residents of Kelurahan X.

Unlike most PKK organizations elsewhere, the RW-level PKK community in Kelurahan X has shown commendable performance. This particular local PKK has effectively implemented programs and fulfilled various administrative tasks. Team work and mutual assistance (*gotong royong*) has played a key factor in allowing the local PKK to actively carry out its programs and post satisfactory performance. This was acknowledged by a Kelurahan X officer. Based from observations and interviews which researchers have conducted, it is found that such team work and *gotong royong* come in various forms such as guidance from senior members to new members particularly when kelurahan officers were unable to help, or the sharing of program-related information and problems with others. These are clearly different forms of social support. Social support refers to physical or psychological resource exchange, whether tangible or perceived, through feedback that is given from a trusted individual to another individual during stressful times (Cassel, 1976; Gottlieb, 2000, p. 195; Sarason, Levine, Basham, & Sarason, 1983).

Social support is evidently present among members of the local PKK in Kelurahan X in every RW. Kelurahan X has seven RWs, each of which has a PKK unit that performs satisfactorily. Local PKK members support each other in order to work effectively. Such support includes the sharing of problems or experiences, and the exchanging of information about PKK program or events. When certain members face problems in implementing programs, others will provide constructive feedback. They are also mutually supportive of each other in dealing with administrative issues. Members are more than willing to spend time to collectively undertake tasks, such as in implementing the PSN program. Such cooperation is indicative of the local PKK community's ability to provide much-needed social support.

Social support is feedback that is given during stress and as a factor that protects a recipient from situations that cause stress (Cassel, 1976). Gottlieb (2000, p. 195) explained that social support is the exchange of resources, whether received or perceived, between the provider and recipient of support. Social support is also described as the availability of a trusted individual for another individual (Sarason, Levine, Basham, & Sarason, 1983). Therefore, social support refers to physical or psychological resource exchange, tangible or perceived, by feedback that is given from a trusted individual to another individual during stress. Social support covers four aspects: emotional or esteem support, tangible or instrumental support, informational support and companionship support (Sarafino & Smith, 2012, p. 81-82). Emotional or esteem support is support that provides comfort, reassurance, feelings of being loved and belongingness during stress. Instrumental or tangible support is direct assistance, such as money and food, which is given in time of need, while informational support is verbal feedback about the individual. Companionship support is the availability of someone to spend time together with. According to Sarafino & Smith (2012, p. 82), there are three key factors of social support, i.e., the provider of social support, the recipient of social support and social network. A provider of social support also means that even when someone has a trusted individual, that trusted individual may not actually has the resource to support. A recipient of social support means that an individual cannot receive any support if that individual does not

search for support. Meanwhile, social network refers to a larger social network of recipients or providers of support which allow recipients more chance of accessing support, and vice versa.

It has been observed that local PKK members in every RW in Kelurahan X provide social support to each other. They listen to each other's problems, share life experiences, exchange information on PKK activities, and support each other's activities. Members also give verbal feedback among themselves on what they have done, including during stressful times. Tangible support may come in the form of money-lending or providing assistance in undertaking administrative tasks. Members are particularly eager to eat meals together, and to carry out PKK activities, such as those under the PSN program.

Social support has impacted on the different aspects of life of every individual. This is revealed in studies on social support which found that the higher social support is perceived by an individual, the lower the negative emotional and psychological disturbance experienced (Strine, Chapman, Balluz, & Mokdad, 2008), such as stress (Robitaille, Orpana, & McIntosh, 2012) and depression (McLaren & Challis, 2009; Chung, Moser, Lennie, & Frazier, 2013). Social support is also found to mediate perceived stress and job satisfaction, and even remove the impact of perceived stress on workers in Multan (Sultan & Rashid, 2014). The studies above explained that social support protects the recipient from psychological disturbance. This means that recipients of social support can reduce the negative emotions, stress and depression experienced.

From the explanation above, it can be concluded that without social support in the community, it would be hard for PKK to remain active, when in fact PKK positively impacts on public health and on the government. Idle PKK organizations therefore would compromise public health

in Indonesia particularly because it would mean the absence of healthcare programs that are distinctive to the PKK movement. The empirical study on social support at the RW-level PKK in Kelurahan X describes the various forms and roles of social support on high-performing PKK organizations. The issue of social support will also be part of a research to empirically study RW-level PKK in Kelurahan X. The research problem is on whether social support in the local PKK of Kelurahan X is high? This study seeks to describe the social support available in RW-level PKK in Kelurahan X.

Theoretically, this study is useful to conceptualize community psychology in Indonesia, especially regarding social support among social workers in Indonesia. Practically, this study is beneficial to provide knowledge on community empowerment through PKK for Kelurahan X officers. Such knowledge would inform efforts to further develop the PKK movement in Indonesia.

The research design concerns high-performing RW-level PKK in Kelurahan X as acknowledged by a Kelurahan X officer, which is unlike the situation for other PKK communities that are mostly inactive. The reason for this is the availability of mutual social support among members. For example, a senior member will advise a junior member if such guidance is absent from Kelurahan X officers. This substantiates the important role that social support plays for PKK members in Kelurahan X.

Social support involves physical or psychological resource exchange, whether received or perceived by a recipient of support from a provider of support (Cassel, 1976; Gottlieb, 2000; Sarason, Levine, Basham & Sarason, 1983). Social support includes verbal feedback, emotional support, direct assistance and availability to spend time together (Sarafino & Smith, 2012, p. 81). Social support is influenced by the availability of resource from the provider of support, the willingness to seek

support by a recipient of support, and the size of social network of the recipient and provider of support (Sarafino & Smith, 2012, p. 82).

In Kelurahan X, the recipients of support, which are PKK members, seek support from other members. The recipients of support will share with the provider about the problems they face, some of whom will directly ask for support. The provider will then provide the necessary support as requested by the recipient of support. For example, when a local PKK member faces difficulty in implementing the PSN program, she will communicate this to other members. She will then ask for feedback on how to deal with the problem. The provider of support usually imparts encouraging words to the recipient. PKK members would at times also ask to be accompanied when carrying out PSN activities or when visiting the kelurahan office, and other members would mostly be obliging. PKK members also often spend time together by having lunch, and attending *arisan* or religious study circles (*pengajian*) together. Once in a while, PKK members would directly assist fellow members facing difficulties, such as on paper work that needs to be done. Members who are more competent on administrative work would often give a helping hand.

This supportive environment is consistent with Sarafino & Smith's (2012, p. 81-82) explanation on the four types of support. Emotional support that provides comfort and reassurance by giving words of support and empathy; informational support that involves verbal feedback; tangible support that concerns the provision of direct assistance; and companionship support that refers spending time together. Based on the phenomenon and theory explained earlier, it appears that PKK members in Kelurahan X often provide various forms of social support, especially emotional, companionship and informational support. Tangible support on the other hand is

rarely observed in the community. Various activities and events in Kelurahan X provide opportunities for mutual social support among PKK members such as when the PSN leader maintains administrative papers every Friday, and the monthly PKK programs and religious activities. Informational, emotional and companionship support therefore is the most visible in Kelurahan X.

Shebourne and Stewart (1991) explained that the four aspects of social support are independent and interrelated to each other. This means that the four aspects of social support could be measured independently. This independence and linkage is due to the provision of more than one aspect of social support by an individual. For example, in Kelurahan X, PKK members not only impart reinforcing words to other members, but are also willing to spend time with other members. Local PKK members are also available to assist with administrative duties, in addition to giving input on administrative work performed by other members. Another form of support is the imparting of encouraging words and verbal feedback to other members who have communicated on difficulties in implementing PKK programs. This does not mean that these aspects of social support influence each other.

Based on the research design, it is hypothesized that the RW-level PKK in Kelurahan X demonstrates high-level social support, especially relating to emotional or esteem, informational and companionship support.

METHOD

Social support in this research is conceptually defined as physical or psychological resource exchange, whether received or perceived by a recipient of support from a provider of support (Cassel, 1976; Gottlieb, 2000; Sarason, Levine, Basham & Sarason, 1983). Social support on the other hand is also operationally defined as support that is exchanged

between PKK members in Kelurahan X in the form of emotional, informational, tangible and companionship support, which can be measured by using the Medical Outcome Study: Social Support Survey (MOS-SSS). Researchers first conducted early observations of and interviews with local PKK members in Kelurahan X for three months to understand the situation in the community. After delving more into the issue of social support and comparing it with field data, researchers prepared the MOS-SSS to measure the four aspects of social support (Sherbourne & Stewart, 1991). MOS-SSS consists of four dimensions: emotional/informational dimension to measure informational support; tangible dimension to measure tangible support; affectionate dimension to measure emotional support; and positive social interaction dimension to measure companionship support. MOS-SSS also measures overall social support as the final item. MOS-SSS is constructed by using the Likert scale with five choices of answer, whereby option one means none of the time, and option five means all of the time. The answers are then scored and converted into a 0-100 scale using the following formula: 100 x [(gained total score – minimum score)]/ (maximum score – minimum score)].

The MOS-SSS used in this research has been translated into the Indonesian language with additional instructions to contextualize the social support available at the RW-level PKK in Kelurahan X. Researchers then conduct validity and reliability tests for the adjusted MOS-SSS to evaluate the construct validity and internal consistency reliability. Researchers perform validity and reliability tests on community W having the same characteristics as the research subjects. Research subjects are members of the RW-level PKK in Kelurahan X who remain active in implementing PKK programs and in attending daily meetings or religious events. Table 1 below presents the results of the validity and reliability tests:

Table 1: Validity and Reliability Test Results

Dimension	Construct Validity	Cronbach's α
Emotional/Informational	0.615 - 0.811	0.925
Tangible	0.502 - 0.753	0.827
Affectionate	0.605 - 0.747	0.805
Positive Social Interaction	0.731 - 0.911	0.909
Overall Index	0.788	0.946
TOTAL	0.502 - 0.911	0.946

In order to enhance the internal consistency reliability and construct validity of the MOS-SSS to be used, researchers have eliminated the first item on the tangible support dimension ("someone to help you if you were confined in bed"), the third item on the affectionate support dimension ("someone who hugs you") and the third item on the positive social interaction dimension ("someone to do something enjoyable with").

Researchers then add demographic questions such as the RW's origin. The adjusted MOS-SSS is then distributed to research subjects by census. It was distributed during activities that most members of the community would

normally attend, such as PSN and *arisan*. However, as several members are absent from such programs or events, researchers had to visit their homes. Even so, certain members still refused to fill out the form or are out of reach. Table 2 below shows the total number of research subjects participating in the research:

Table 2:Total Research Subjects in Kelurahan X by RW

RW	Total % (N)
01	5.1 (4)
02	25.3 (20)
03	11.4 (9)
04	15.2 (12)
05	11.4 (9)
06	19.0 (15)
07	12.7 (10)
TOTAL	100.0 (79)

Data gathered from the Indonesian version of the MOS-SSS is then analyzed descriptively by looking at the frequency of the total score on research subjects, mean, minimum and maximum score, and deviation standard. From the descriptive analysis, the social support level of each PKK member in Kelurahan X in overall, the level of social support per aspect, and the level of data dissemination could be identified. Once data is collected from research subjects, researchers then conducted an assumption normality test in order to find out the distribution of subjects. Table 3 below presents the result of the assumption normality test:

Table 3: Assumption Normality Test Result

	Social Support
N	79
Kolmogorov-Smirnov Z	1.322
Asymp. Sig. (2-tailed)	0.061

Based on the analysis, it is found that research subjects fulfill the requirements of normality assumption ($p = 0.061 > 0.05$). Therefore, research subjects in this study are normally distributed.

RESULTS

Table 4 presents the results of the data analysis that has been converted into a 0-100 scale, in which data is gathered through census by distributing the adjusted MOS-SSS to research subjects. Researchers developed a hypothetical norm to categorize subjects' scoring on the distributed MOS-SSS. The hypothetical norm is made by calculating the difference of the maximum and minimum scores, and divided into five. Based on the calculation, the five categories are: score of 0 – 20 as very low, score of over 20 – 40 as low, score of over 40 – 60 as fair, score of over 60 – 80 as high and score of over 80 – 100 as very high.

Table 4: Results of Social Support in Overall and on Each Aspect

	N	Mean	Std. Deviation	Minimum	Maximum
Overall Support	79	65.18	26.51	12.50	100.00
Informational Support	79	63.33	25.12	9.38	100.00
Tangible Support	79	55.91	38.29	0.00	100.00
Emotional Support	79	68.35	32.51	0.00	100.00
Companionship Support	79	71.52	28.72	0.00	100.00

Based on Table 4, in overall, the RW-level PKK in Kelurahan X has a mean social support index of 65.18 with a standard deviation of 26.51. The lowest score is 12.50, while the highest is 100.00. Given the mean social support index, the local PKK of Kelurahan X has a fair level of social support in overall. The mean

score on informational aspect is 63.33 with a standard deviation of 25.12. The lowest score for this aspect is 9.38, while the highest is 100.00. Meanwhile, the mean score on tangible support is 55.91 with a standard deviation of 38.29. The lowest score for this aspect is 0.00, while the highest is 100.00. Emotional support has a mean score of 68.35 with a standard deviation of 32.51. The lowest score for the emotional support aspect is 0.00, while the highest is 100.00. Lastly, the mean score of companionship support is 71.52 with a standard deviation of 28.72. The lowest score for this aspect is 0.00 and the highest is 100.00. Based on the hypothetical norm, informational, emotional and companionship support falls under the high category, while tangible support is categorized as fair.

DISCUSSION

Data analysis showed that in overall, the RW-level PKK in Kelurahan X has a high-level of social support. This means that social support is available most of the time, thus PKK members are mostly able to receive support during times of need. The descriptive analysis on the other hand showed that different forms of social support as listed in MOS-SSS are mostly available for local PKK members in Kelurahan X. Based on MOS-SSS, such available support includes the presence of someone who can be counted on to listen when members need to talk, giving out information and advice, showing love and affection, making members feel wanted, and the availability of someone to have a good time with. PKK members also have someone in the community to spend time with for relieving stress. Different forms of high-level social support are observable in the community, such as information sharing about PKK or kelurahan activities. PKK members also mostly have a good time with each other when implementing PKK programs, where they can joke around and laugh together, remind each other, ask each other how they are doing,

and tell stories to each other, sometimes during lunch or after jointly implementing programs, during *arisan* or religious activities.

On each aspect, in overall, only tangible support falls under the fair category while others are in the high category. This shows that tangible support or direct assistance is sometimes available. The forms of tangible support as listed in MOS-SSS include the availability of someone to take to the doctor's, to prepare meals, and to help with the daily chores when needed. Data analysis also showed that support such as informational support, advice, feedback, love and affection, fun and enjoyable activities are available most of the times.

According to researchers' initial observation, the forms of available tangible support as listed in MOS-SSS are different from what is observed. The most common forms of tangible support provided among PKK members are those related to PKK programs, such as administrative assistance, getting a ride to the kelurahan office, passing on letters from the kelurahan officer, helping to prepare and execute PKK programs such as PSN, *posyandu*, *arisan* and PAUD, and providing assistance for events such as mass circumcision. Given the different forms of direct assistance, the mean score for tangible support falls under the fair category.

In regard to companionship support, the mean score is categorized as high. Companionship support refers to the availability of someone to spend time with and to conduct social activities together which will give the receiver feelings of attachment. Companionship support according to MOS-SSS comes in the form of someone to have a good time and relax with. Such support are available most of the time for the local PKK members of Kelurahan X. PKK members often spend time together by carrying out PKK activities, as well as having lunch, attending *arisan* and religious meetings

together, in addition to the availability of someone to accompany when visiting places, such as the kelurahan office. Results also indicate strong feelings of attachment among PKK members.

Such findings on companionship support that falls under the high category is consistent with Fromm's notion that individuals feel the need to unite with others or with a group or community (Fromm, 2008, p. 28-29). PKK members in Kelurahan X often meet and gather as a form of having fun and relaxation. Based from initial observations and interviews, members usually meet and gather when they feel tired after having to deal with daily stresses or problems related to PKK programs. Based on the explanations above, it appears that PKK members seek and provide companionship support to fulfill the need to unite with the community and to maintain psychological health from the daily stresses.

Findings also showed that for most of the time, PKK members provide mutual emotional support. Based on MOS-SSS, the types of support includes someone who shows love and affection, and someone to love and make members feel wanted. Among PKK members in Kelurahan X, the emotional support provided includes supportive words, asking each other how they are doing or other related information as a form of caring for others. It can therefore be inferred that PKK members in Kelurahan X feel loved, assured, comforted, and wanted. The local PKK community most of the time provides support that gives assurance to fellow members.

The high-level of emotional support in Kelurahan X has been predicted given the correlation between emotional support and subjective well-being. PKK members admit that they are happy to be part of the PKK community. The correlation between emotional support and subjective well-being is in keeping with the study from Nahum-Shani, Bamberger, and Bacharach in 2011. Nahum-Shani et al., (2011) found that emotional support can increase well-being among middle adults. Maslow (in Feist, Feist and Roberts, 2013, p. 255-256) explained that an individual will be motivated to fulfill his/her needs. Among the many human needs are love and belongingness, the need to befriend and relate with humans, the need to give and receive love, and feelings to be wanted. Based on research findings and Maslow's views, it can therefore be implied that the high mean score in emotional support among PKK members in Kelurahan X is attributed to the respective efforts of each member to fulfill their own need for love and belongingness, and to the fact that the receipt of emotional support enhances their well-being.

Meanwhile, findings on informational support showed that such support is available most of the time in Kelurahan X. Based on MOS-SSS, the various forms of informational support include someone who can be counted on to listen to, to give information, to help understand the situation, to give good advice about a crisis, and when really needed, to share the most private worries and fears, to confide in or talk about problems or about self, to turn to for suggestions about how to deal with a personal problem, and someone who understands their problems. Based from observations, researchers found similar forms of informational support among PKK members in Kelurahan X. They are used to sharing information, asking information related to PKK activities or problems, and seeking advice or feedback on various matters. Informational support is most obvious during gatherings. The local PKK community however is bound by the religious belief that disclosing private affairs is taboo, and thus disgraceful and inappropriate to be shared with others.

Another research finding also implies that PKK as a community that empowers people, most of the time provides the necessary social support.

Members of high-performing, active RW-level PKK continue to seek and provide social support to the wider community, despite problems in implementing various programs, administrative issues, membership succession concerns, and lack of operational funds. This might be the reason why the local PKK in Kelurahan X remains active and continues to post good performance. High-level social support is closely related to well-being (van der Horst dan Coffé, 2012) and mental health (McLaren & Challis, 2009; Chung et al., 2013; Robitialle et al., 2012; Strine et al., 2008) especially for social workers such as PKK members (Han et al., 2014). This further proves the benefits of having high-level social support. Based on analysis, one of the key reasons for the continued functioning of the PKK movement in Kelurahan X is the availability of social support for most of the time.

The correlation between the availability of social support most of the time and satisfactory performance can be explained as follows: a meta-analysis study by Humphrey, Nahrgang & Morgeson (2007) observed a positive relationship between social support and work satisfaction and performance. This is also substantiated by Hüffmeier and Hertel (2011) in their article on social support, especially emotional, informational and tangible support which can influence community performance through the Model of Social Support within Teams (MSST). MSST is a model that links emotional support with the enhancement of community member's motivation, and informational and tangible support with better coordination in the community that altogether enhances and increases community performance. The research findings also indicated that Kelurahan X, as part of the administrative arm of the Indonesian government, has been able to provide a favorable environment for the local PKK community to provide social support. Another indication is that the Indonesian government has managed to promote social support within PKK. The promotion of social support and benefits received from such support can better empower the people and improve their well-being, while encouraging others to join PKK.

A research limitation concerns the adaptation of MOS-SSS which did not follow the whole procedure. This is an issue that should be further considered. Another limitation relates to the lack of information on the exact number of PKK members. The number of total members recorded by the kelurahan office differs from the figures obtained from the local PKK in Kelurahan X. This discrepancy may mean the possibility of unmeasured subjects. Meanwhile, this research has managed to some extent empirically describe the situation for one of the PKK communities in Indonesia. The study also reveals the different forms of social support available in a high-performing, active PKK community.

Based on the results and discussion, it can be concluded that the RW-level PKK in Kelurahan X has achieved a high-level of social support, especially emotional, informational and companionship support. The findings strengthen the hypothesis. Based on research analysis, it is found that emotional, informational and companionship support is categorized as high, while tangible support is considered fair. These findings suggest that emotional, informational and companionship support, such as availability of friends to tell stories to, to ask feedback or advice and show love and affection, and availability of someone to spend enjoyable activities with, are obtainable most of the time. Meanwhile, tangible support or direct assistance, such as the availability of someone to take to the doctor's, to help with daily chores and to prepare meals when sick or unable to do so, are sometimes available for PKK members in Kelurahan X. Community members however provide other forms of tangible

support, such as assistance for completing administrative tasks, getting a ride to the kelurahan office, distributing mails from the kelurahan office, and helping with program preparations.

Research findings empirically proved that an actively functioning RW-level PKK community with satisfactory performance as acknowledged by a kelurahan officer has high-level social support. This research also describes various forms of high-level social support available to an active PKK organization. Meanwhile, research findings have not been able to identify the reasons why the RW-level PKK in Kelurahan X could perform well, and how this is related to social support, despite the fact that the local PKK faces a host of challenges. Researchers therefore suggest studying the link between PKK community performance and social support as established by MSST. The related research can help empirically and profoundly explain the relationship between social support and PKK performance, and the reasons for PKK's good performance. This is also supported by previous studies establishing the relationship and influence between social support and community performance that might also be explained by MSST. Researchers also suggest further observation on the RW-level PKK of Kelurahan X and other RW-level PKK communities in Indonesia to gain a different perspective on the issue.

Researchers have come up with practical recommendations based on research findings for the Indonesian government. The Indonesian government needs to encourage more people to join the PKK movement. The government should promote multiple forms of social support, such as the availability of friends to spend time with, productive activities, and comfort and assurance, all of which are uniquely available in PKK. This is part of an effort to broaden the social network of RW-level PKK communities for the purpose of strengthening social support.

This could also be the government's concrete effort to better empower society. Researchers also recommend that the PKK community implement all programs, from preparation to completion, by engaging all members of the community. As such, routine meetings need to be held to facilitate members in receiving and providing social support, and also in promoting PKK to the wider public.

REFERENCES

Cassel, J. (1976). The contribution of the social environment to host resistance. *American Journal of Epidemiology*, *104*(2), 107-123. Retrieved from http://sci-hub.cc/doi/10.0000/aje.oxfordjournals.org/aje/104/2/107

Chung, M. L., Moser, D. K., Lennie, T. A., & Frazier, S. K. (2013). Perceived social support predicted quality of life in patients with heart failure, but the effect is mediated by depressive symptoms. *Quality of Life*

Feist, J., Feist, G. J., & Roberts, T.-A. (2013). *Theories of personality* (8th ed.). Singapore: McGraw-Hill International.

Fromm, E. (2008). *The sane society* (2nd ed.). Abingdon: Routledge.

Gottlieb, B. H. (2000). Selecting and planning support interventions. In S. Cohen, L. G. Underwood, & B. H. Gottlieb, *Social Support Measurement and Intervention: A Guide for Health and Social Scientists* (pp. 195-220). New York: Oxford University Press. Retrieved from https://books.google.co.in/books?id=I_0HZQXQk2gC&printsec=frontcover#v=onepage&q&f=false

Hüffmeier, J., & Hertel, G. (2011). Many cheers make light the work: how social support triggers process gains in teams. *Journal of Managerial Psychology, 26*(3), 185-204.

McLaren, S., & Challis, C. (2009). Resilience among men farmers: the protective roles of social support and sense of belonging in the depression-suicidal ideation relation. *Death Studies, 33*, 262-276.

Menteri Dalam Negeri Republik Indonesia. (2013). *Pemberdayaan masyarakat melalui gerakan pemberdayaan dan kesejahteraan keluarga.* Jakarta: Retrieved from http://perpustakaan.bappenas.go.id/lontar/file?file=digital/122395-%5B_Konten_%5D-Permendagri%20No%201%20Tahun%202013.pdf

Nahum-Shani, I., Bamberger, P. A., & Bacharach, S. B. (2011). Social support and employee well-being: the conditioning effect of perceived patterns of supportive exchange. *Journal of Health and Social Behavior, 52*(1), 123-139.

Robitaille, A., Orpana, H., & McIntosh, C. N. (2012). Reciprocal relationship between social support and psychological distress among a national sample of older adults: An Autoregressive Cross-Lagged Model. *Canadian Journal on Aging, 31*(1), 13-24. doi: 10.1017/S0714980811000560

Sarafino, E. P. & Smith, T. W. (2012). *Health psychology: Biopsychosocial interactions* (7th ed). John Wiley & Sons (Asia).

Sarason, I. G., Levine, H. M., Basham, R. B., & Sarason, B. R. (1983). Assessing social support: the social support questionnaire. *Journal of Personality and Social Psychology, 44*(1), 127-139. Retrieved from https://depts.washington.edu/psych/files/research/sarason/SocialSupportQuestionnaire2.pdf

Sherbourne, C. D., Stewart, A. L. (1991). The MOS social support survey. *Social Science & Medicine, 32*(6), 705-714.

Strine, T. W., Chapman, D. P., Balluz, L., & Mokdad, A. H. (2008). Health-related quality of life; and health behaviors by social and emotional support: their relevance to psychiatry and medicine. *Social Psychiatry and Psychiatric Epidemiology, 43*(2), 151-159.

Van der Host, M., & Coffeé, H. (2012). How friendship network characteristics influence subjective well-being. *Social Indicator Research, 107*(3), 509-529.